THEN and NOW!

By Frances H. Paulette

Part 2 - She Walks In Beauty And Her Name Is Minerva

One of the seven pools that Minerva Kepler dug "By Hand" nearby one of the nature trails in the wooded area behind their home. Notice the statue of St. Francis of Assisi on a rock at the far end of the pool.

Among other things, Minerva has created a "Touch and Tell" Table; on it she has placed unusual rocks, shells, driftwood and other treasures of nature.

To someone else it might be an ordinary tract of land measuring approximately three acres in size, a really great place for a retired couple to "putter".

For Drex and Minerva Kepler of the Police Tower Road, Appomattox County, their land is more than a place on which to set a house and grow a garden.

"A Bit of Heaven" is how you might describe the grounds surrounding the Kepler home; "heaven" to the Keplers and to a host of very special friends, about whom we'll learn more later.

When the Keplers, upon his retirement five and one-half years ago, made the move to Appomattox from Syracuse, New York, they brought everything with them - even a truck load of herbs to start a herb garden at their new home here.

With her love of the out-of-doors, Minerva Kepler likes nothing better than spending time on her number one interest - the preservation of wildlife.

In addition to the three acres of property they purchased, Minerva has the use of a sizable tract of land directly behind their own. She has been granted permission by Westvaco, the owner, to use the acreage for nature trails.

Minerva, while walking one day, found on the Westvaco property, a huge but most unusual and attractive stump. With a great deal of care she took it apart and moved it to her property where she reconstructed it so perfectly it looks like it grew there!

Though small in statue, Minerva is, to use an old expression, "as strong as a mule!" With only a handsaw, she cut out the undergrowth along the proposed nature trails and removed any tree limbs overhanging that area that might pose a threat to anyone walking along the path.

Once the undergrowth and debris were cleared away, the trails looked inviting but incomplete. There should be something to attract the birds and animals to the area; a place to feed them would do the trick. Minerva got busy and provided five feeding stations and two suet feeders to create a very special "heaven" for her wildlife friends.

Things were looking good; the trails seemed to say, 'come on, take a walk, you'll enjoy it!' The feeding stations were attracting more and more birds and animals. It was almost perfect, but something was missing.

As Minerva sat on a log one day, resting after her back-breaking but rewarding work, she began to day dream. Sitting there with her head resting on a tree, she imagined a pool, surrounded by wildflowers of all kinds.

With a toss of her head Minerva sat up - - "Minerva," she said to herself, "There are no streams on your property, you can't make a pool without a source of water." She thought a minute - - - "Or can I?" Was it possible? She was used to hard work, so why not? Minerva got busy with her plans.

Glancing at her hands Minerva thought, "they are just getting over the sawing and cutting, and here I go again!"

Digging by hand, Minerva scooped out not one, but seven pools. The largest is approximately 22 feet by 25 feet and 18 inches deep. The others are smaller in size and they are so constructed that one pool empties into the next, creating a kind of waterfall.

After removing the soil, Minerva used heavy gauge plastic, 6 MM, as a lining for the pools. Attractive stones of various sizes and shapes outline the pools and at the same time serve as an anchor for the plastic.

Once the construction of the pools was completed, Minerva filled in between the rocks with rich soil and planted a variety of wildflowers and ferns there and on the outer edge of the pools.

Rainwater fills the pools; should the rainfall be inadequate, she fills the pools with a long hose.

Each spring a certian amount of re-construction and clean-up has to be done on the pools to get them in order for another season.

Minerva's next project will be to construct a blind where she can hide and be able to make a careful observation of her woodland friends.

One of the many friends that Mrs. Kepler has observed enjoying a snack at the feeding stations is a "nice" gray fox. (I don't know what the fox did to merit the complimentary description Mrs. Kepler gave him!)

Since a gray fox can climb a tree, Minerva places food for the fox high enough in the tree so that dogs will be unable to steal it before the fox has a chance to eat.

Minerva has found the tracks of the following animals on her property: Red squirrel, gray squirrel, flying squirrel, mink, opossum, weasel, deer, rabbit, and mice.

Along with the wildflowers and animals Minerva has the following snakes that call her property home: King, Green Water, Black, Garter, Grass (this is a very tiny snake), worm snake (this one is found underneath stones and is very small.

Minerva Kepler is already busy reading the nature trails for her own enjoyment and the enjoyment of the many tours she conducts. One of her chores is to gather pine needles and place along the trail for a more comfortable walk.

I asked the question, "Does your husband help with your work in the woods?" Before she could answer Drex quickly replied with a laugh, "I don't monkey with the woods!"

Mrs. Kepler is happy and proud that the National Wildflower Federation has designated her property as a National Wildflower Sanctuary. She would really like to obtain a tract of approximately 100 acres to use as a wild life sanctuary.

Being a lover of the out-of-doors, I can imagine nothing more fulfilling than spending time, learning first-hand about the plants and animals that add so much beauty to our world.

It is sad that there are so few people like Minerva who care enough about the preservation of our wildlife that they are willing to get actively involved.

In the beginning God created so much beauty; along the way we seem to have gotten in such a hurry that His beautiful creations go unnoticed - - - even worse, we have been destructive. Let's try again - - - to appreciate the beauty that is around us and to do our part in the preservation of wildlife.

HOLLYWOOD

Mrs. Mary Bagby received word last week that her foster brother, Mr. Cecil Sells of Rt. 7, Box 110, Princeton, West Va. entered a hospital there April 1st and be operated on Monday. Our prayers are with him and his love ones and we wish for him a very speedy recovery.

We are so glad to hear Mrs. Hazel Harvey is back home from the hospital and improving and that Mrs. Margaret Mann is at home and improving. We wish for each of them a very speedy recovery.

We are very sorry to hear Mrs. J. L. Torrence is among our sick people. We pray she may soon be feeling better. Her daughter Mrs. Frank Hancock Sr. and Mrs. Frank Hancock Jr. and children of Richmond spent several days last week with Mrs. Torrence.

Mr. and Mrs. Harry Johnson of Vernon Hill spent Wednesday with Mr. and Mrs. L. H. Watson Sr. Mr. Alfred Almond was a visitor in this home last week. Mr. Thomas Woodall was a breakfast guest of the Watsons Saturday morning. We are glad to hear Mrs. Watson is improving. We hope she may continue.

Mrs. J. C. Jenning was operated on at the Southside Hospital last week. She returned home Saturday afternoon. We pray she may have a very speedy recovery.

Rev. Whitey Davis visited Mrs. J. L. Torrence last week. Mr. and Mrs. Robert Coleman were luncheon guest in the Torrence home Thursday.

Friends were very sorry to hear of the death of Mr. Steve Goodman of Lynchburg last week. He was a brother-in-law of Mrs. Clem Wooddall. Our sincere sympathy is extended each of the loved ones.

Mrs. Charles Carter is a patient at the Virginia Baptist Hospital. Our prayers are with her. May she soon be real well again.

Mr. and Mrs. Richard Webb were visitors of Mrs. Hazel Harvey Sunday afternoon. They were also visitors of Mr. and Mrs. Elmo Smith and Mr. Howard Smith.

Mrs. Phyliss Davis and neice of Scottsville spent the week end with her son Mr. Andy Davis and family.

Debbie and Mike Woodall and Mr. Scott Watson were supper guest Sunday night of Mr. and Mrs. Thomas Woodall and Lisa.

Mr. and Mrs. L. L. Webb, Miss Joyce Webb and Miss Odell Webb were visitors Sunday afternoon of Mrs. Beulah Morris and family and Mr. and Mrs. Donald Webb and family.

Visitors Sunday afternoon of Mr. and Mrs. W. H. Wingfield and Miss Julia Wingfield were Mr. and Mrs. Mike Johnson and daughter of Farmville, Mrs. Billy Inge and Mr. and Mrs. Bill Watson and family.

The Sunday School classes of Hollywood church gave Mr. and Mrs. Andy Davis a surprise stork shower after Sunday School. They received many nice and useful gifts.

Mrs. Claude Hamlett and daughter Brenda of Hurt spent Friday with her mother Mrs. Virgie Beasley at the Martin-Wooldridge Nursing Home. Mr. and Mrs. Grover Beasley visited Mrs. Beasley there Sunday afternoon.

Mr. and Mrs. Henry Covington visited Mrs. Mary Bagby Tuesday, Mr. and Mrs. C. E. Franklin Jr. visited Mrs. Bagby Friday. Others visiting in this home Sunday were Mrs. Phyliss Davis, Mrs. Andy, Davis, Mr. and Mrs. Thomas Woodall, Lisa, Debbie and Mike Woodall and Mr. Scott Watson. Rev. Paul Balthaser called in the Bagby home Thursday.

TO SERVE YOU-Mrs. Margaret Glover has been librarian and supervisor of volunteers at the Appomattox County Library since 1968. Mrs. Teresa Armstrong is Library Clerk.

SCIENCE FAIR WINNER Juanita Patterson, an 11th grade student at Appomattox County High School, is shown being presented check for $25.00 by Mrs. Nancy Jones, science teacher at ACHS, for being the over-all winner in the Annual Science Fair held at ACHS March 10 and 11.

GLADSTONE

Visiting Mrs. Virginia Hunter this week was Mrs. Lucille Carey and Mrs. Bernice Carwile from Brookneal.

Mr. and Mrs. Louis Edward Moore and family were camping this week end at Dalmouth.

Mr. Tylon Bollinger who has been a patient in Virginia Baptist Hospital will be coming home this week.

Mrs. Ethel Mehurin is a patient in Lynchburg General Hospital. We wish her a quick recovery.

Mrs. Russell Moore, Mrs. Mason Banton and Vicki Moore spent several days last week at Winter Green.

Mrs. John Spiggle attended the funeral of her cousin Mrs. Eunice Doss on Saturday.

Mrs. Calvin Martin and children from Fairfax spent the week end in the home of Mr. and Mrs. Emmett Cunningham and also visited Mr. and Mrs. Graydon Martin and Mr. and Mrs. Hubbard Moore.

Mr. and Mrs. Binford Phelps visited their daughter and family in Pennsylvania recently.

Mrs. Sarah Sommers and children from Pennsylvania spent Easter holidays with her parents, Mr. and Mrs. Binford Phelps.

Mrs. Virginia Hunter spent the Easter holidays in the home of Mrs. Lucille Carey in Brookneal.

JORDAN

The Sunday School would like to thank everyone who came out on last Sunday night in support of the program presented by the Holiness Singers and the Heavenly Gospel Singers.

On Saturday night, April 8, the Southern Jubilee of Halifax will be singing at the Jordan Baptist Church. Time of this program is 7:30 p.m.

On the 4th Sunday in April, beginning at 6:00 p.m. the Jordanaires will be celebrating their anniversary. Many groups have been invited and we are sure one will be your favorite.

Senior choir practice Friday night at 7:30. All members please be present.

Named To Dean's List

RADFORD–Deborah R. Jamerson of Pamplin was among those among to the winter quarter dean's list at Radford College.

Ms. Jamerson, a senior early childhood and special education major, is the daughter of Ruth D. Jamerson of Pamplin.

A grade point average of at least 3.4 must be obtained before being named to the dean's list.

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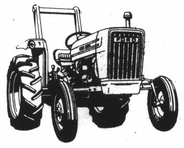

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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Many of you are expressing concern about changing your eating habits. Not only do we need to change our eating habits when we lose weight, but we also need to exercise regularly. I would like to share with you this week some tricks that you can use in cooking that can help with low calorie meals.

Drink skim milk or buttermilk made with skim milk rather than whole milk. Use skim milk over your cereal. Also, skim milk or reconstituted non-fat dry milk can be used for cooking. This saves a number of calories.

Methods of cooking meat greatly affect the number of calories per serving. Cook meat, poultry and fish by roasting, broiling or charcoaling rather than frying. When preparing poultry, if the skin is removed, you also reduce the number of calories.

Suit the cooking method to the cut of meat. Not all very lean cuts can be broiled satisfactorily. When using ground meat, please drain them carefully to remove any of the fat content.

Lemon juice, tomato juice, herbs and spices can be used to add flavor, variety, and personality to your meal. This can be substituted in place of our high calorie seasonings.

When preparing eggs for the family cook the eggs in the shell or poach them. This also will save calories. Scrambled eggs are prepared in fat, therefore, increasing the caloric content.

Select lean cuts of meat and cut off all visible fat from meat before preparing. This will save a number of calories. Another method of saving calories when preparing meat is to prepare the meat ahead of time and allow the fat to solidify on the top of the meat dish. The fat can then be removed. If you are preparing a broth and you know there is fat in it and you would like to quickly get rid of that fat, you can always add a few ice cubes. This will cause the fat to solidify and it can be easily removed.

Buy water packed canned fish or rinse the oil pack fish with warm water before using. This will reduce the number of calories and not reduce the amount of nutrients.

Fresh, unsweetened canned, unsweetened frozen, or juice pack fruits will be lower in calories than those packed in heavy syrups. It is difficult to find the unsweetened canned products on the market sometimes. So if you must purchase the heavy syrup packs, rinse the fruit carefully in cold water before putting it on a salad plate. This, again, will reduce the number of calories. Dried fruit contains the same number of calories as fresh per serving, but being dehydrated it has a smaller volumne than fresh fruit.

Avoid adding calories to vegetables by cooking in water, consume, bouillon or clear broth. Don't add butter or margarine. This, again, is where the herbs and spices will give our vegetables flavor that will substitute for the butter or margarine.

Use combinations of cooked raw vegetables and fruits as snacks and salads. These may be seasoned with herbs, spices, vinegar, lemon juice, tomato juice, and bouillon.

Vegetable combinations a d variety and fiber to our diets. Some examples are carrots and brussel sprouts; carrots and unsweetened pineapple chunks; cooked cabbage and tomatoes; eggplant, zuchinni, tomatoes with chopped onion, and green pepper; green and yellow beans; zuchinni and yellow summer squash.

In foot preparation you may use a non-stick cookware and save calories. Also, be careful in your preparation. All of us, if we try to save some calories could reduce the amount of margarine, butter and other fats that we use. Remember, these fats usually have approximately 100 calories per tablespoon. So when we are being generous with the fat, we are adding a number of calories.

If you are interested in getting more information on how you can cut calories in your daily food intake, you may call or write the Appomattox County Extension Office. We have an excellent calorie counting book entitled "Food and Weight." We would be happy to send you one or have you pick up one at no cost. You may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522.

RECIPE OF THE WEEK

Graham Bread

2 pkgs. active dry yeast
1 cup warm water
½ cup shortening
1 cup whole bran cereal
2 teaspoons salt
1 cup sugar
1 cup boiling water
2 eggs, beaten
6 cups flour

Sprinkle yeast on water; stir to dissolve. Pour boiling water over shortening, sugar, bran and salt. When cooled to lukewarm, add yeast and eggs. Add flour and knead for 10 minutes. Place in greased bowl; turn dough over to grease top. Cover and let rise in warm place until double, about 1 hour. Punch down. Divide into 3 balls; cover and let rest 10 minutes. Shape into loaves and place in 3 greased 9 x 5 x 3 loaf pans. Let rise until dough fills pans and tops are well rounded. Bake at 350 degrees for about 50 minutes. Remove from pan; cool on wire racks. Makes 3 loaves.

PAMPLIN

The United Methodist Men will meet at Pamplin Thurs., April 6. A special program will be presented.

We welcome to our community Dr. and Mrs. William M. Trimyer and family, of Richmond. Dr. Trimyer is pastor of Elon Baptist Church. The subject of his sermon last Sunday was "There is a Stranger in Town." We are sure they will not be strangers for very long.

Mrs. Marshall Price returned home last Sunday after undergoing surgery at Virginia Baptist Hospital.

Mr. Leslie Scruggs returned home Tuesday from Southside Hospital.

Miss Donna Smith, of Richmond, visited her mother, Mrs. Earl Smith, last week end.

Mr. and Mrs. G. C. Maxwell visited his sister, Mr. and Mrs. Roscoe Routt, Cullen, and Mr. and Mrs. R. C. Layne, Charlotte Court House last Sunday.

ARTS & CRAFTS CENTER TO MEET SATURDAY

The Historic Appomattox Station Arts & Crafts Center will hold its annual general meeting on this Saturday, April 8 at the John Mosby Inn, Route 460 in the Town of Appomattox. The meeting will begin promptly at 10 a.m. On the agenda: election of officers; plans for opening the sales shop on April 28th; and reevaluation of shopkeeping requirements and consignment fees. Anyone interested in the Center is welcome to attend. Current and prospective members are urged to attend as this meeting will establish policy for the upcoming year.

Concord 4-H'ers shown in above photo are, bottom row: Mickey Brooks, Ronnie Brooks, Ronnie Gryder, Brian McGuire, Beth Goodwin, Debbie Bryant, Kevin Jefferson, and Eric Elliott; 2nd row: Steve White, Dave Casper, Todd Johnson, Kevin Hirtz, Mike Gordon, Kristy Graf, Michelle West and Beverly Bennett; third row: Alton Drantz, Floyd Wood, Eddie Ogden, Dwight Kershner, Vic Smither, Marvin Hamlett, Keith Nance and Lonnie Hamlett.

Concord 4-H'ers shown in second photo are, bottom row: Lisa Smith, Janet Carson, Ann Perrow, Phillip Smith, Keith Wilson, Gerry Crance, Bert Ferguson, L. D. Inge. 2nd row: Scott Gunter, Tony Wariner, Paul Taylor, Raymond Beaddler, Royce Elliott, Demetrius Lambert, Jackie Shull, Carol Clinedinst, 3rd row: Mickey Page, Jr., Darryl Kershner, Marshall Tweedy.

Concord Elementary School - 4-H'ers ON TOP OF IT ALL

Of the twelve elementary schools in the Campbell County Public School System, Concord Elementary School 4-H'ers showed the most interest and had the largest number of participation in the 1978 Share-The-Fun Program in Campbell County. A total of 46 4-H'ers from the school took part in the contest.

The two top acts were performed by Beverly Bennett, daughter of Mr. and Mrs. Roy Moon.

B Honor Roll - 88-94 - Mary Lee Bryant, Cheryl Faye Bennett and Kim Johnson.

Those students having perfect attendance for the past six weeks are L. A. Bryant, Audra Doss, Angela Hackett, Stella Osborne, Stacey Myrick, Pedi Myrick, Melina Fleshman, L. D. Fleshman and Sandy Kitchen.

Bennett; and Kristy Graf, daughter of Mr. and Mrs. Charles Graf. These top acts represented the school at the County Contest held at the Yellow Branch Elementary School.

R. E. Lee Honor Roll

The honor roll at R. E. Lee Academy for the past six weeks is as follows: A - Honor Roll - 95-100 - Stella Osborne, Lisa

SUNDAY SCHOOL 10:00 A.M.
MORNING WORSHIP 11:00 A.M.
YOUTH RALLY 6:45 P.M.
EVENING WORSHIP 7:30 P.M.
PRAYER MEETING 7:30 P.M.

PURITAN PULPIT 9:00 A.M. DAILY

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